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Vol. 6, Number 12, Wednesday, June 1, 1983

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Canada's largest women's track meet set for June 18th and 19th



A new Canadian record was set at the Colgate Women's games last year by Ann Peel who completed the 1500m walk in 6.25.09.

The sixth annual Colgate Women's games will be held on Saturday and Sunday, June 18th and 19th at Etobicoke Centennial Stadium.

This is the largest women's track meet held in Canada, and provides a unique and important opportunity for women athletes across the country.

Diane Jones-Konihowski, Canadian Gold Medalist in the pentathlon will return to M.C. the games.

The two day event will feature 12 events, including the 100m and 400m dash,

long jump, high jump, shot put, hurdles and a 3,000m run.

Girl's ages 10-16 years are eligible to win Colgate's grants-in-aid of education ranging from \$50 to \$300. Also this year, all entrants can enter an essay contest with tote bags awarded to winners in each age group.

Entry forms are available at school athletic offices and local track clubs. All events are sanctioned by the Ontario Track and Field Association. The deadline for entries is May 22nd.

Miller's budget on the mark

By W. Roger Worth

In a tough, tough year, Ontario Treasurer Frank Miller produced a budget that is at least positive, if not perfect.

Most important, perhaps, is the fact that the treasurer did not become a spendthrift, which might have been politically popular, considering high unemployment and the weakness in the economy. In fact, Miller held the provincial deficit to \$2.69-billion, up only slightly from \$2.55-billion in the 1982/83 fiscal year. The treasurer practised the restraint that the Ontario government has been preaching.

But consider what Miller did with the limited dollars he had to spread around:

- Both consumers and retailers will benefit from the three-month elimination of provincial sales tax on most furniture and appliances. Better still, the selective tax cut is designed to support industries that will create jobs in Ontario or Canada, rather than in other countries.

With more than 1.6 million people unemployed in the nation, such support is welcome.

- A small business corporate tax holiday has been extended for one year. That may not seem important, but it is firm evidence that Miller and his colleagues have listened to what the Canadian Federation of Independent Business has been telling government for some time - these smaller firms will be creating a phenomenal 80 percent of the province's new jobs.

By providing additional support, the job-creation process should be speeded up.

- Miller matched federal proposals to provide greater help for the small business sector, which is good news indeed. For years, it seems, federal and provincial governments have been operating on different wavelengths. But the continuing economic downturn is changing all that.

Now, even the Parti Québécois government in Quebec is supporting Ottawa initiatives, particularly those designed to create jobs. In fact, there appears to be a growing consensus among politicians at all government levels that somehow they are going to have to co-operate, rather than fight.

The overall point, of course, is that Miller simply did what he could to alleviate some of the worst problems, and direct money to the businesses with the greatest potential for creating new jobs.

It's true, health insurance increases and a 5 percent income tax surcharge will have a negative effect on the provincial economy (to say nothing of increases in cigarette and liquor tax levies), but on balance he gave a magnificent performance of the intricate juggling act on which all budgets are based.

We can only hope that the budget changes live up to Miller's expectations.

First renewal time for licence stickers

TORONTO -- It's not February but it is licence sticker renewal time again for those vehicle owners whose birthday is in June.

The Ontario Ministry of Transportation and Communications reminds vehicle owners that those with birthdays between June 1 and Dec. 31, must renew their stickers for a second time in 1983 to bring them into the yearly renewal cycle.

Reminders of renewal date have been mailed to vehicle owners on record; however, it is anticipated some may be missed.

While the ministry has been working around the clock to clear up a backlog of information that resulted from the introduction of a

new system and computers, it is possible that some vehicle owners with early June renewal dates are not yet on the computer file and would not be mailed the reminder notice.

As well, there are always a certain number of people who move just prior to their renewal date and their reminders may not reach them in time.

Therefore, all vehicle owners are advised that, whether or not they receive their reminders to renew, they must have their new stickers on their vehicles on or before their birthday in 1983.

Cost of renewal stickers for all vehicles with passenger car plates is \$48 per year.

☆ COMING EVENTS ☆

June 4 — The Annual Beef Barbeque and Dance will be held at the Minden Community Centre. Sponsored by the Haliburton County Fair there will be a Meet and Greet from 6 pm to 7 pm. Barbeque Dinner served from 7 pm to 9 pm and the dance begins at 9 with music by "The Misty River Ramblers" until 1 am. Special occasion permit. Dinner and dance \$8.00 per person, dance only \$3.00 per person.

June 10, 11, 12 — The Haliburton Kinsmen Club will hold the Kinsmen Home and Cottage Show at the Dysart Arena in Haliburton. Exhibits of furniture, appliances, boats, cars, building materials, crafts and many other items of interest to the home and cottage owner.

HOURS: Friday, June 10 — Noon to 9 pm. Saturday, June 11 — 9 to 9 pm and Sunday, June 12 — Noon to 4 pm.

The Kinsmen are running a draw in connection with their Home and Cottage Show. Tickets are \$1.00 each or 6 for \$5.00 and the grand prize is a night at the Royal York and tickets (for 2) to Saturday and Sunday ball games of the Blue Jays, complete with dinner, Sunday brunch and limo service.

Ont. Provincial Park Campsite availability service starts again

Once again this summer Ontario campers can check on the availability of Provincial Park campsites as a result of a co-operative program by two Ontario Government Ministries.

The service is organized by the Ontario Ministry of Tourism and Recreation and the Ministry of Natural Resources.

The first report of the season was issued Thursday, May 19 covering the Victoria Day weekend. From then until June 23 the reports cover weekends only. The weekend reports are first made available each Thursday at 3 pm, and are updated through the weekend. Starting June 24, reports will be offered on a daily basis through to September 2nd.

The reports are revised twice daily to be current with the occupancy status of the 52 Provincial Parks covered.

When campers call after 3 pm, on any given day they receive two types of information. First they get a report on the actual occupancy rate on any given park at 3 pm that day. Second, they are offered a projected occupancy rate for that evening. In this manner campers can decide whether to travel to that park or to seek information on other nearby parks that are projecting a vacancy.

Campers throughout the province have two ways to get this information. They can call 1-800-268-3735 for a toll-free report which is available Monday to Saturday, 8 am to 6 pm.

The other way to check vacancies is to call the nearest Ontario Travel Information Centre between 8 am and 8 pm daily. The centres are listed in the Provincial Government listings in the white pages of the telephone directory.

The reports cover a geographic area bounded by Killarney Provincial Park near Sudbury in the North, in the southwest of the province by Holiday Beach, near Windsor and in the east by Carillon Provincial Park near Hawkesbury, adjacent to the Quebec border.

The service covers campsite availabilities only. Reservations for specific Provincial Park campsites can be made by calling the park directly.

Ministry strives to reduce noise levels in provincial parks

The Ontario Ministry of Natural Resources has good news for campers planning to spend a quiet holiday in a provincial park enjoying the peaceful outdoors.

The ministry is increasing its efforts to ensure that no one's vacation is disturbed by the actions of a few inconsiderate campers.

"Our provincial parks are widely praised for their security and peacefulness," Natural Resources Minister Alan Pope said recently. "We want to maintain a noise level acceptable to all campers -- especially when music and parties are involved."

He said many park users have asked that more be done to control noise levels, "and we have a responsibility to them which we intend to fulfill."

Action against excessive noise-makers will begin as soon as the first provincial parks open on Friday, May 13.

"These actions are reasonable, aimed at giving everyone a chance to enjoy a peaceful visit to a provincial park. I know they will be embraced by an overwhelming majority who want to spend an enjoyable vacation with family or friends," Mr. Pope said.

TORONTO: A ten pound gain in one year is not a difficult feat. All it takes is an extra 100 calories over your daily requirement, and it's enough to tip your scale in the wrong direction.

Weight gain is a matter of energy misuse. In order to control your weight, the food you eat should equal your energy expenditure. If the calories aren't needed, your body merely stores it as fat for later use.

Most of us don't really need all the food we consume. In fact, more than half of all Canadians could do with eating less — and exercising more, according to Health and Welfare Canada. However, if you're one of the 50% overweight Canadians, it's probably not a good idea to embark on the latest fad diet, as any success is usually short term. Many of these diets are unsuccessful because they're monotonous and difficult to follow, and as well, may be nutritionally unsound.

The most successful diet is a sensible one that makes you lose weight without too much sacrifice! If you follow Canada's Food Guide with a

touch of moderation, you'd find that this is the best way to shed pounds.

It is important to have a balanced intake of carbohydrates, fat and protein, because each nutrient plays an important role in your body's health. Protein helps construct and repair body tissues and also builds antibodies, which provide protection against infection. Carbohydrates give you energy and help your body use fat efficiently. If you're not eating enough carbohydrates, you might end up with a high level of ketones (partly burned fats) in your blood. This condition (ketosis) is unhealthy as these toxic end products of fat metabolism can irritate the kidneys.

Dieters often eliminate fat from the diet, thinking it's the culprit behind the problem. Although fat does provide twice as many calories as does protein or carbohydrate (nine calories versus four calories per gram), it should be included

in sufficient amounts because of its valuable functions in the body.

Because fat is important in the absorption of fat soluble vitamins, A, D, E and K, an adequate amount must be consumed in order that your vitamin intake be complete. Fat also slows the movement of food through your stomach — it gives you a feeling of 'fullness' and delays your hunger pangs. Without some fat in your meal, you just might feel hungry a half an hour later.

Linoleic acid is a special type of fat which cannot be produced by the body, and must be obtained from the diet. For this reason, it's called an 'essential' fatty acid. Studies indicate that linoleic acid helps lower elevated blood cholesterol levels, a major risk factor in heart disease.

As well, linoleic acid has been shown to be effective in curing skin disease and restoring growth of young animals deprived of sufficient dietary fat. Ac-

cording to the Canadian Dietary Standards, 2% of your diet should contain linoleic acid, which can be found in vegetable oils, special margarines like Fleischmann's, fish and poultry.

However, fat intake should be reduced to no more than 30% of daily calories, as too much fat can be a significant source of unwanted calories. All you have to do is reduce your intake of fatty meats and baked goods, and eat more poultry, fish, low fat dairy products, whole grains and fresh produce. The type of fat you consume should also be considered. It is advisable to control your intake of saturated fat, as it is related to elevated blood cholesterol levels, a major risk factor in heart disease.

According to a recent theory, the ability to keep slim may depend on the condition of your built-in weight control mechanism. In experimental animals, it has been shown that obesity

is related to a malfunctioning of 'brown fat' or its control centre in the brain, reports Dr. Jean Himms-Hagan, University of Ottawa. "Brown fat is responsible for burning calories", says the Professor of Biochemistry, who has been studying this theory for the last five years.

According to Dr. Himms-Hagan, "Normal weight rats don't gain weight when they overeat because their brown fat burns off unwanted calories. However, in overweight rats, the excess calories become stored as fat because the brown fat is unable to burn them off."

"The chronic dieter might be reducing the effectiveness of their brown fat metabolism," says Dr. Himms-Hagan. Some studies show that food restriction in animals reduces the metabolic rate, thereby allowing the body to operate on fewer calories and less energy expenditure. As well, some research has found that brown fat size becomes

smaller with caloric restriction.

A University of Vermont researcher has an interesting theory for this association between caloric restriction and metabolic rate. "It's a survival mechanism for periods of famine," says Dr. Elliot Danforth, M.D., professor of Medicine, director of Clinical Research Centre. "In the past, it was genetically beneficial to have an efficient body that could store fat. Take the Pima Indians of Arizona, for example. They're the oldest surviving people in North America. They've survived because of a thrifty gene which makes them efficient energy conservers. During famine, their bodies learned to make do with less. Until white man came, they never had the opportunity to get fat because they never had enough food. With white man's arrival and increased accessibility of food, this genetic trait was uncovered and now, 80% of these Indians are obese."

"The difference between a thin and overweight person", says Dr. Danforth, "is like the difference between a Cadillac and a Volkswagen. A Cadillac (lean person) guzzles gas and wastes energy; while the Volkswagen (overweight) is more thrifty and conserves energy efficiently. We're talking about a difference in internal combustion."

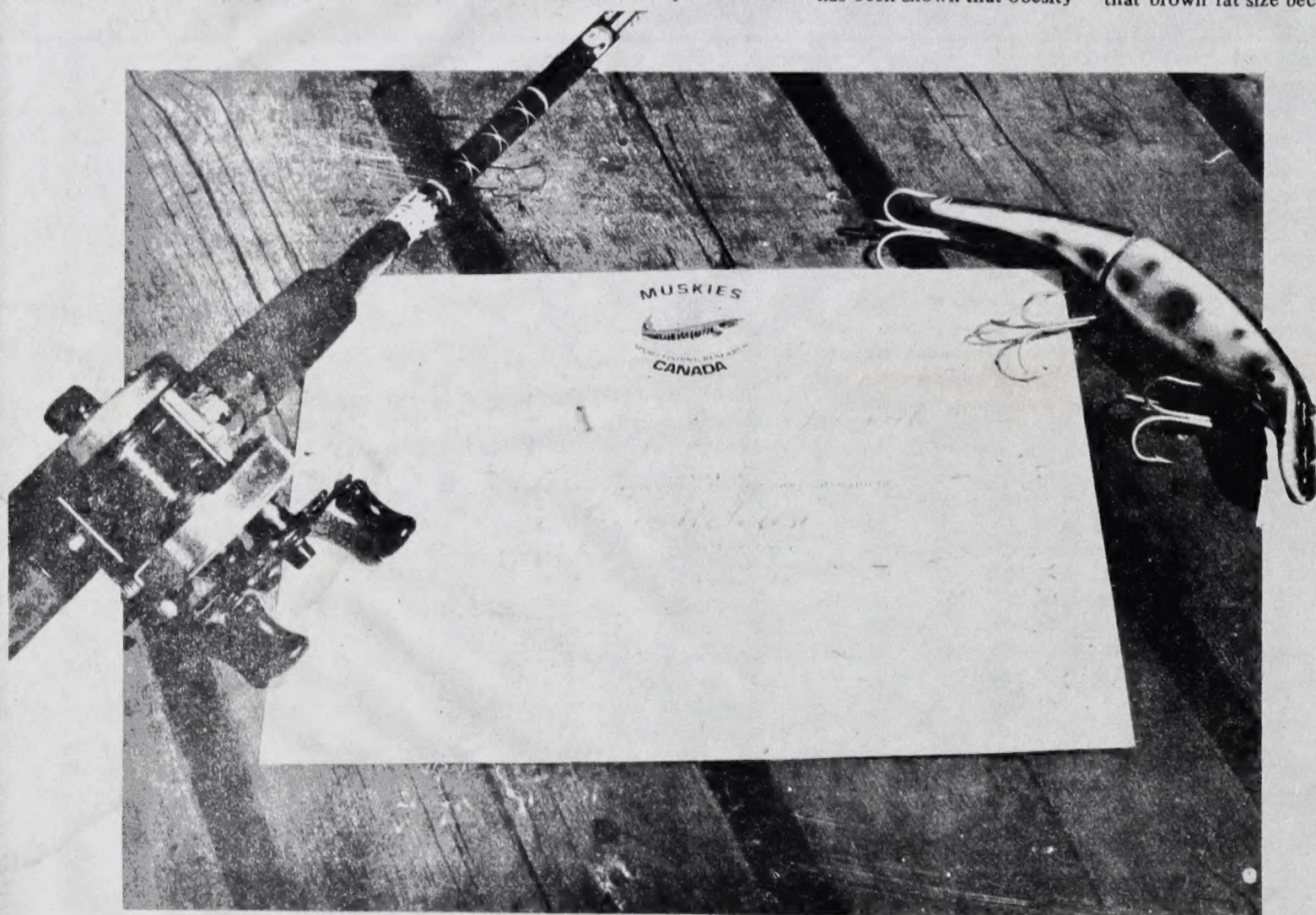
With regard to weight loss tips, Dr. Danforth says, "Don't get overweight to start with, because once you're there, it's very discouraging." For the last fourteen years Dr. Danforth has been searching for the reasons behind obesity, and hopes to discover an effective drug treatment to 'correct' this efficient gene.

Dr. Danforth tells his overweight patients that they shouldn't feel guilt-ridden about their problem. He tells them, "Your body is a good, efficient machine and if we ever have a holocaust, you'll have a better chance at surviving than lean people".

Although Dr. Danforth didn't have any helpful weight control hints, most dietitians would agree that although weight loss requires effort, it isn't an impossibility. The best approach is to realize that weight loss will not happen overnight. Your efforts will be much easier if your outlook is realistic.

Here are a few helpful suggestions:

1. Choose a practical goal, and determine a quantity that can be reasonably lost each week.
2. Keep a record of your eating habits. You'll be surprised that eating is often an 'unconscious' habit.
3. Eat slowly. Ever notice that slim people are slow eaters?
4. Use smaller plates. This makes reasonable servings look like a lot.
5. Eat in moderation. There's no need to sacrifice your favorite foods. Learn to control yourself after you've had one serving.
6. Don't expect weekly weight losses. Sometimes a plateau is reached and nothing happens even though you're sticking to the diet. What has happened? Water has replaced the fat which has disappeared from storage



New Muskie Award

Catching a legal muskie is probably this province's toughest angling challenge. Now, for those who best our top angling prize and who go that one step up in sportsmanship and release their catch, there's a new award.

Unveiled by Don Brand, chairman of the Release Committee for Muskies Canada, the programme offers diploma-like release certificates free of charge to anglers who fill out a form testifying to the length of the fish and where it was caught.

The purpose of the programme is quite simple.

"Muskies Canada feels that a muskie is far too valuable to be wasted or caught only once."

The reverse side of the application for the "Special Release Award Certificate" contains a list of handling and release tips. It also explains how to tell the difference between a pike and a muskie, two fish which frequently inhabit the same waters. Such information is worth having posted on the bulletin boards of lodges and clubhouses.

While similar release programmes have been carried out by various members of the tackle industry, this is the

first time to this writer's knowledge that an organization has initiated such an award for a single species of fish.

The programme should be of interest to lodge operators, tourist and guide associations and sportsmen in general who are concerned about the future of muskie fishing in Canada.

For further information or application forms contact: Muskies Canada Inc., Release Committee, P.O. Box 261, Station "L", Toronto, Ont., M6E 4Z1

Ministry's of Natural Resources' new water bombers



One of two CL-215 water bombers purchased by the Ontario Ministry of Natural Resources from Canadair, Montreal. Each airplane can scoop water from large lakes and rivers and dumping it on forest fires within 10 seconds.

Ontario's forests are going to get real dousing this summer from the Ministry's of Natural Resources' new water bombers.

The two Canadair CL-215 amphibious water bombers can fill their tanks with 5,455 litres of water in a mere 10 seconds. "The beauty of the new airplanes is that they require less than a one-mile strip of water to take on a full load," said John Goodman, director of the ministry's Aviation Fire Management Centre in Sault Ste. Marie.

"This, added to their manoeuvrability, allows the planes to operate from more lakes and rivers in a forest fire area than the older aircraft currently in the ministry's fleet. What

we've done is equip our forest fire fighting force with the latest in water bomber technology."

Mr. Goodman said the CL-215 can add considerable punch to Ontario's forest fire suppression system.

And it's a proven workhorse.

It can stay airborne for up to four hours before refuelling. A CL-215 once made 225 water drops in a single day, and another made 31 in one hour. The aircraft are frequently used to fight fires under the most adverse conditions, including heavy smoke and strong winds. They have even scooped full loads from the Mediterranean Sea in wave heights of up to two metres.

The ministry's present

fleet includes 33 other water bombers -- five Twin Otters, 15 single-engined Otters, and 13 Turbo Beavers. The carrying capacities of each varies from 600 to 3,500 litres.

"We have always had one of the best, if not the best, forest fire fighting fleets in the world," says Natural Resources Minister Alan Pope. "These two new aircraft will enhance this fleet, offering valuable assistance to our skilled and dedicated fire-fighting crews."

In addition to forest fire fighting, the aircraft will be used for general fire crew transport, and for fuel transport, to northern Ministry of Natural Resources bases.

The CL-215 was designed and built by Canadair Ltd. in Montreal, and has been in operation here and throughout the world for a number of years -- 15 are currently used in Quebec and three in Manitoba. They are also in operation in France, Italy, Greece, Thailand, Spain, Venezuela and Yugoslavia.

The CL-215 acquisition is timely. Compared with average years, 1983 could be a busy forest fire year. The provincial norm for early May is 60 fires, and as of May 4, there had been 133 fires in Ontario, all of them caused by people. However, this is still far below the 300 fires we experienced in the same period in 1980 -- one of the worst years in Ontario's forest fire history.

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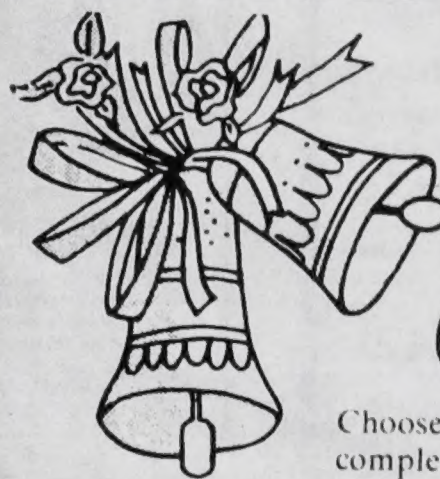
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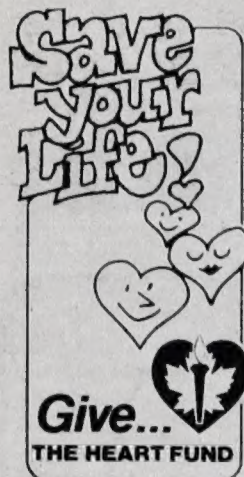
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Ministry extends deadline for moose harvest applications

The Ontario Ministry of Natural Resources has extended for 1983 only the deadline for moose hunters to apply for bull or cow validation tags under the selective moose harvest program -- from April 29 to 5 p.m. May 20.

Resources Minister Alan Pope said recently that the extension was needed to ensure all moose hunters are contacted and applications are filled in properly.

"This is a new process and a number of hunters made errors on applications that will have to be corrected in consultation with

the applicants," Mr. Pope said. About eight per cent of the 40,000 resident hunter applications received so far by the Ministry of Natural Resources under the 1983 selective moose harvest program are incorrectly filled out.

"We have also had difficulty reaching hunters because of incomplete lists of 1982 hunters. As the ministry and hunters become more familiar with the program, we would expect to eliminate these problems in future draws," Mr. Pope added.

- and may stay there for some time. Don't worry, it'll go away.
7. Start your meals with soups and salads to fill you up before starting on the higher caloric main course.
8. Keep busy so you won't feel like eating. When the urge strikes, do something -- go for a walk, or talk on the telephone.
9. Weigh-in only once a week. Your body weight fluctuates throughout the day and during the week. Get into the habit of weighing yourself at the same time each week.

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by
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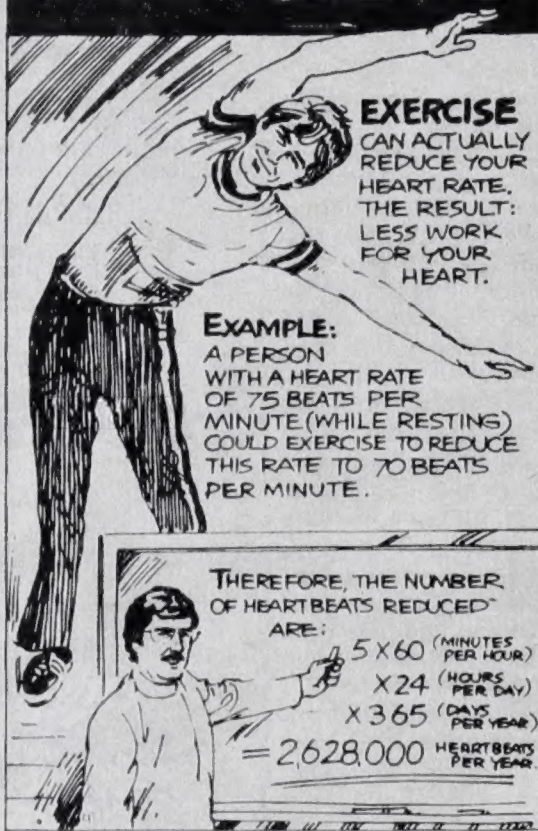
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Woodlot improvement program marks 10,000th agreement signed with celebration near Cornwall

The Ministry of Natural Resources recently celebrated the signing of its 10,000th agreement under the province's Woodland Improvement Act.

The ceremony was held at the Cornwall-area dairy farm of Bob and Carolee MacIntosh who formally signed their second WIA agreement at the ministry's district office in March. They signed their first one in 1982 to improve their maplebush for maple syrup production.

Parliamentary assistant Paul Yakabuski attended the ceremony on behalf of Natural Resources Minister Alan Pope.

"Private woodlots, especially in southern Ontario, are an asset that can be developed to contribute not only to the income of their owners, but also to the forestry resources of our province," Mr. Pope said.

"In addition, the ministry will assist the owner to realize other objectives related to forestry such as soil stabilization, appearance, and improved habitat for fish wildlife."

Under the WIA program, private landowners agree to set aside at least two hectares of their property for a woodlot. The ministry advises on tree species and plants the trees; the landowner pays for the trees and agrees to care for them. The agreements are normally for a period of 15 years.

In southern Ontario, 76 per cent of forest growing stock is on private land,

much of it as farm woodlots.

This productive partnership -- made possible through the WIA program -- plays a major role in providing raw material to the province's forest industry. Up to 20 per cent of wood used commercially in Ontario comes from trees grown on private land.

The MacIntosh farm, Glengarry Stock Farms Inc., is in Kenyon Township, 25 kilometres northeast of Cornwall. Under their agreement, the MacIntoshes will plant 63,000 trees, primarily white pine, on 25 hectares of their farm. They will also thin a stand marked by ministry staff to improve the quality of 25 hectares of their natural woodlands.

Mr. Pope noted that when the Woodland Improvement Act program began 17 years ago, it was estimated that in southern Ontario there were 890,340 hectares needing reforestation and more than two million hectares of woodlands in need of rehabilitation.

"In view of the ever-increasing importance of timber and the dwindling supplies of quality material needed by the wood industries, our ministry, at that time called the Department of Lands and Forests, decided to help develop these private woodlots with the co-operation of the landowners," Mr. Pope said. "In many cases, we assisted the landowners to realize the commercial value of the trees on their property."

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Half Back for museums and art galleries to begin June 1

An exciting and new dimension to Half Back, the program that turns losing Wintario tickets into cultural savings for consumers, will begin June 1, the Honourable Bruce McCaffrey, Minister of Citizenship and Culture, announced recently.

"Half Back for museums and art galleries is a completely new program, an aspect we have never tried before," said Mr. McCaffrey. "This is a program that touches all areas of the province and one I'm sure will be embraced by both the public and the institutions alike."

Beginning June 1, Wintario tickets can be used for discounts on admissions or annual memberships at participating community art galleries and museums. The program applies to non-profit institutions charging a minimum of 75¢ for an adult admission and/or have an annual adult membership fee of \$5.00 or more. Wintario tickets will be worth 50¢ each and can be accumulated for up to one half the cost of admission or up to one half the membership fee, to a maximum of \$10.00. Tickets from the May 5 draw onwards will be eligible for the new programs.

"While this new initiative is designed to stimulate new audiences and new members, we have included an incentive for current members," the minister explained. "Membership renewals will be eligible for the discount if they also purchase a new membership as a gift for a friend or relative. This, we feel, will encourage both first time members and those renewing, thereby greatly increasing the audience base of these institutions."

Approximately 250 museums and art galleries around the province are expected to offer the Half Back

discounts. This program will not include museums or art galleries primarily funded by the federal government nor those operated by Parks Canada. In addition, the major agencies of the ministry of citizenship and culture located in the Toronto area: the Art Gallery of Ontario, the Royal Ontario Museum, the McMichael Canadian Collection, the Ontario Science Centre and the Royal Botanical Gardens, as well as Black Creek Pioneer Village, will not be participating. Half Back is developing other marketing initiatives to assist these attractions.

Greg Baeker, Executive Director of the Ontario Museums Association, applauded the new program saying, "The Ministry of Citizenship and Culture is to be commended for this important and innovative initiative. Wintario Half Back will be of tremendous assistance to Ontario museums and art galleries in their efforts to develop new audiences and increase earned revenues."

"Half Back for Museums and art galleries has the same potential to increase public interest and participation as previous successful Half Back programs," added the minister. "Currently, the performing arts for schools program which began in February, is assisting thousands of students and performing groups around the province. While the promotion for Canadian books will end May 31, we will begin a Half Back program for magazines subscriptions June 1, as well. These initiatives represent my ministry's commitment to increase accessibility, to enlarge audiences and to foster greater financial stability for our cultural organizations."

Provincial park name change honors Rene Brunelle

Remi Lake Provincial Park -- located east of Kapuskasing -- has been renamed Rene Brunelle Provincial Park to honor the former provincial cabinet minister's contributions to the area.

The park's name change was announced recently by Premier William Davis at a dinner hosted by Rene Piche, MPP for Cochrane North, in Kapuskasing.

"Rene Brunelle is a man who has shown tremendous devotion to the north, this riding and its people," the Premier said. "I can think of no one more deserving of this honor."

Mr. Brunelle, who was elected to the Ontario legislature in 1958 for the riding of Cochrane North, served as Minister of Lands and Forests, Minister of Mines, Provincial Secretary for

Resources Development and Chairman of the Cabinet Committee on Native Affairs. He retired in 1981.

Natural Resources Minister Alan Pope, who was also at the dinner, said: "I must say that it is a difficult task to walk in the footsteps of someone who has earned such respect in the north over so many years. I'm proud that my ministry can take part in honoring Rene Brunelle."

Mr. Brunelle, who has spent most of his life in the Moonbeam area, operated a tourist resort at Remi Lake.

Rene Brunelle Provincial Park, which became part of the parks system in 1957, consists of 2,964 hectares and is known for its fine beaches, fishing and boating.

Annual alcohol ban in 17 provincial parks begins this month

Alcohol consumption will be prohibited in 17 of Ontario's provincial parks for periods ranging from two to four weeks, including the Victoria Day weekend, Natural Resources Minister Alan Pope announced recently.

The ban runs from May 12 to May 29 in Arrowhead, Killbear, Fitzroy, Silver Lake, Bon Echo, Ferris, Presqu'ile, and Rideau River; May 12 to May 23 in Sibbald Point, Bass Lake, Earl Rowe, McRae Point, Six Mile Lake, Balsam Lake, Emily, Darlington;

and May 12 to June 12 in Sandbanks.

Mr. Pope said that since the annual alcohol ban was established in selected provincial parks several years ago there has been a positive response from the majority of campers and day visitors.

"We are not opposed to the sensible consumption of alcoholic beverages during other periods," he said. "But when some of our parks are at their busiest, it could lead to problems which could spoil the enjoyment of other campers."

Health Matters

A weekly column presented by the Ontario Medical Association and the doctors in your community for a better understanding of health matters

Breast feeding

While it is true that infant formulas are more than adequate, most doctors still feel breast feeding is the best method of infant nutrition.

At least 90 per cent of new mothers are physically able to breast feed their babies without difficulty if given proper encouragement and instruction. The advantages of breast feeding are many from a social, economic and medical point of view. Bonding between mother and child is increasingly felt to be an important psychological thing for a child. Breast feeding supports bonding. Since many babies will require only breast milk for up to six months, the economic benefits are also obvious.

FEWER PROBLEMS

Babies who are breast fed have less eczema and allergic reactions, fewer viral respiratory diseases and less gastroenteritis. This seems to be because of the transfer of proteins from mother to child and because of the absence of cow's milk protein, which is a foreign substance. In addition, breast milk is readily digested, readily available at the right temperature and has the correct balance of carbohydrate, fats and minerals.

In recent years there has been a steady increase in the number of babies who are being breast fed. Unfortunately, many mothers stop nursing quickly after they leave the hospital for a variety of reasons, including too little milk, going back to work or social reasons. Certainly, even a short period of breast feeding is better than none at all. Working mothers can be encouraged to breast feed at least twice a day. Usually, the milk production will be maintained with this schedule and the remainder of the time the infant can be formula fed.

A story of a month-old infant who seems to parents to cry constantly between feedings and is not gaining weight well, is familiar to many doctors. Mother usually has figured out that the baby is not getting enough breast milk and she wants to begin formula feeding. Several important things can be done to improve this situation before a change in formula is tried.

STRESS ON MOTHERS

Often mother is physically tired from being up with a crying baby and this does not promote good milk production. In addition, if there is another child, he or she may be competing for attention and adding stress to this situation. If the husband or another relative can help with the children for a short period of time this often helps the nursing mother relax and increases milk production.

It is important that certain basic facts of breast milk production be understood. Breast milk is easily digested and may be demanded every two to four hours by the baby. It is not bad practice to feed on demand through the day and usually the benefits include the infant sleeping longer between feedings at night. The more sucking the baby does, the more milk produced. Usually, feeding 15 to 20 minutes on each breast gives the baby what milk is present and promotes maximum milk production. Sucking stimulates release of a hormone called prolactin which results in milk production. In fact, two thirds of milk production is in response to prolactin and only one third is produced at a steady rate between feedings. Should attempts at modifying techniques be unsuccessful, the doctor will then help the mother decide whether supplementing with formula or straight formula feeding is best.

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I hereby proclaim Canadian Environment Week in Stanhope Township, in recognition of the importance of the preservation and sustenance of our environment.

Harry Davis, Reeve

DID YOU KNOW?

The Haliburton County Farmer's Association has about 70 members. It represents the interests of local live stock owners and crop producers. It also provides a medium for discussion of problems common to its' members and their solutions.

Some of the associations' goals are to promote improvement in the quality of food produced in the county and to sponsor projects which will be helpful in marketing as well.

The association hold monthly meetings, field days and tours which are also open to the general public. There is renewed interest in agriculture locally and this is reflected in the growing attendance at meetings and tours. In the summer, they sponsor a farmer's market in Minden where farm fresh locally grown food can be purchased.

Do you have a problem, need information? Call your Haliburton County Information Centre, 457-2733. Open Monday to Friday, 9-4 pm.

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Program helps farmers adapt to metric system

The Ministry of Agriculture and Food is launching a new program to help farmers adapt to the metric system. Agriculture and Food Minister Dennis Timbrell has announced.

"The program was developed in response to the confusion surrounding the transition to metric measurement, particularly in herbicide and pesticide spraying programs," he told the annual meeting of the Farm Safety Association of Ontario in London.

"This confusion can lead to widespread damage to crops,

livestock, the environment and human health," he said. "The sooner we make the adjustment to the new measure, the safer it will be."

Some of the highlights of the comprehensive educational program include metric factsheets, a new brochure called Metric on the Farm, sprayer clinics, a metric information kit and new conversion charts in ministry publications.

To help farmers use metric measurements in spraying programs this spring, the ministry is sponsoring sprayer clinics in co-operation with the Canadian

Agricultural Chemical Association. The series of 45 sprayer clinics will be conducted by ministry and association staff.

These clinics will be publicized in local newspapers, radio and television stations. A major component of the program will be a kit consisting of factsheets, the metric brochure and sprayer calibration bottles, Timbrell said. The cost of this part of the program will be shared by OMAF and the Ministry of Energy. The kit will be distributed to the ministry's field offices and to sprayer clinics.

Nine regular ministry publi-

cations, including Guide to Chemical Weed Control, feature new conversion charts to determine the amount and proportion of chemicals needed per acre and per hectare. Currently all agricultural chemicals are available only in metric sizes.

"When in full operation, the metric program will offer a sprayer calibration poster, metric conversion tables, promotional and educational material, a vendor certification program, herbicide dealer workshops and instruction through 4-H clubs," said Timbrell.

Policy revised to protect farm land

Major moves to protect agricultural land have been announced by Agriculture and Food Minister Dennis Timbrell.

The new policy is defined in a series of revisions to the existing Food Land Guidelines, a policy approved in 1973. The revisions were announced in conjunction with the Ministry of Natural Resources' new mineral Aggregate Resource Planning policy.

"The new policy recognizes that there are a number of areas in the province with both agricultural and mineral potential," Timbrell said. "This policy has two components encompassing our

valuable specialty cropping areas and all other agricultural lands."

Under the policy, aggregate mineral extraction — for example, gravel pit mining — will not be permitted in designated specialty crop areas unless it is reasonably documented that the land will be restored to produce the same crop at the same production level.

Any proposed project must also document that the extraction would not affect the climate or microclimate necessary for specialty crop production.

The policy identifies five areas with unique combina-

tions of soil and climatic conditions which allow the production of specialty crops that are important to our agricultural base," said Timbrell.

The five specialty crop areas covered in the guidelines include: the Niagara region fruit-growing areas; an area in the vicinity of King's Highway 1, south of Blenheim in Kent County; the Leamington and Harrow areas of Essex County; and the Meaford to Thornbury area in Grey County.

"On all other agricultural land, mineral aggregate extraction may occur only if the land is rehabilitated, and the same acreage and soil capabilities are restored," said

Timbrell.

"In areas where extraction is permitted on agricultural lands, we will be requiring municipal planning policies to stipulate that such lands be restored to agricultural use after extraction."

The Ministry of Agriculture and Food's guidelines on aggregate mineral extraction were strengthened in conjunction with the Ministry of Natural Resources' new Mineral Aggregate Resource Planning policy, also released Feb. 25. This new policy covers the broad spectrum of mineral aggregate extraction while the Food Land Guidelines revisions cover agricultural lands only.

Bull testing station opens

The new bull testing station, which will be used to determine the genetic quality of Ontario beef producers' stock, has been opened at the New Liskeard College of Agricultural Technology.

The station, which is located on the campus of the college, will be used to determine the genetic quality of Ontario beef producers' stock. The station will be used to determine the genetic quality of Ontario beef producers' stock.

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By comparing the performance of bulls kept under identical housing, feeding and management conditions, a good estimation of an animal's breeding worth can be obtained. These bulls can then be expected to sire calves of high genetic quality.

The fact that Ontario beef producers are using bull test stations with increasing frequency is an indication of the serious need for this program. In eastern Ontario alone, the number of bulls tested last year in stations operated under contract for the provincial government was up by a significant 25 per cent.

Public awareness of liens at farm auctions is needed

A farmer in Chatham thought he'd made a good deal. Last December, he bought a combine for \$20,000 at an auction. Saved a bundle, so he thought. Two months after the purchase, the bank is one combine richer and the farmer is \$20,000 poorer and minus a valuable piece of farm equipment.

Unfortunately, this is an example of what is happening all too frequently. The reason? The farmer never thought to ask for a certified search of clear title.

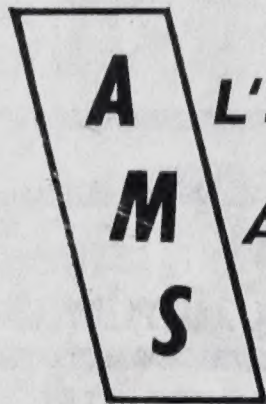
Ontario Consumer Minister, Dr. Robert Elgie, warns people purchasing anything at auctions to be aware that the item could be subject to a lien. "A bank, a finance company, a dealer, in effect any lender, may have loaned money on the security of things being offered for sale at the auction. If the loan has not been paid back in full, the lender may be paying you, the new owner, a visit and claiming his collateral, that is, your new property."

The next time you're at an auction, before you pay for the item you've successfully bid on, ask the auctioneer to produce a "certified search" to prove there is no lien on the property. Though the auctioneer is under no legal obligation to conduct such a search with the Ministry's Personal Property Security Registration Branch, it is to his advantage to allay the fears of prospective buyers. One search serves the needs of all the people present at the auction. It also saves money for those individuals contemplating a sale but failing to make a purchase.

An individual wishing to search the title himself and willing to pay the \$10.00 fee can do so in any Land Registry office where personal property security registration is offered. All that is needed is the name of the individual who currently owns the property.

Auctions can be fun. No one need get stung if the buyer follows a few "consumer sense" rules.

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Ontario Agricultural Museum preparing for fifth season

Step into the Ontario Agricultural Museum, near Milton and you step into Ontario's rural past.

"The museum is a provincial showcase that portrays the evolution of Ontario agriculture," says Cindy Lindsay, public relations officer. "It helps rural and urban visitors understand how Ontario's agriculture has developed."

This year, several new displays and buildings have been added to the 32-hectare (80-acre) site. More than 40,000 visitors are expected to tour the new fur farm, the Templin Fanning Mill factory and an operating wheelwright shop, as well as the 25 other buildings and displays.

The museum opens to the general public May 16 and offers several special events each month.

Spring's arrival is celebrated May 22 to May 29 with a sheep shearing demonstration

and the plowing and planting of fields and gardens. Young and old will also enjoy viewing the museum's newborn lambs, goats and chicks.

Antique car buffs won't want to miss Tin Lizzies and Rumble Seats, June 4 and 5. More than 100 antique cars are featured in this annual judging meet of the National Historic Automobile Society of Canada. And on June 11, more than 30 antique trucks will be displayed in the second annual antique truck rally.

Visitors in July can watch having the old-fashioned way and enjoy the gardens and special demonstrations, Lindsay says.

Threshing Days, August 13 to August 14 features grain harvesting and threshing demonstrations by hand and with early machines. A thresherman's lunch and bale-throwing contest are also planned.

Don't miss the Family Corn Festival, August 27 to August 28 which features steam-roasted corn-on-the-cob, hayrides, square dancing, crafts and musical entertainment. Help celebrate the year's harvest at Harvest Fair, September 18. Enjoy apple cider and homemade preserves and watch the threshing and harvesting activities.

The museum's closing event October 8 to October 10 is a Thanksgiving Gathering. This is a time to enjoy the autumn colors, take a hayride and watch a children's pumpkin carving contest.

"The museum is a good day's entertainment for the whole family; it offers a bonus too because it combines education and fun."

The Ontario Agricultural Museum, a project of the Ontario Ministry of Agriculture and Food, is entering its fifth season.

Foodland preservation branch expanded

Reflecting increasing emphasis on protecting Ontario's farmland, the Ministry of Agriculture and Food has expanded its Foodland Preservation Branch, says Assistant Deputy Minister William Doyle.

This move will see five managers and seven field staff working with municipal planners across Ontario and reviewing plans for major developments such as transportation, hydro or pipeline routes to see that these make the least possible impact on agricultural land.

"This group will develop and apply policies to protect agricultural land resources

along the lines of the recent revisions in the Foodland Guidelines covering rehabilitation of prime agricultural land after mineral extraction," Doyle said.

"These staff will also work with municipalities to ensure that agricultural land is given proper consideration and protection in municipal official plans under the new Planning Act."

For administrative purposes, the province has been divided up into regions under regional managers Keith Pinder (southwest and eastern) and Susan Singh (central and northern). Reporting to Pinder

will be Donna Sharp, district manager for the southwest region and her land use specialists in the field — Ray Valaitis in Ancaster and Jim Miller in St. Thomas.

Also reporting to Pinder are eastern regional manager, Tonu Tosine, and Dale Toombs in Lindsay and Tom MacPherson in Kemptonville.

The central and northern region under Susan Singh is made up of district manager Neil Smith and his field staff, Harold Fleming in Fergus, Herman Van Wesenbeeck in Elmville and Susan MacPherson whose area is northern Ontario.



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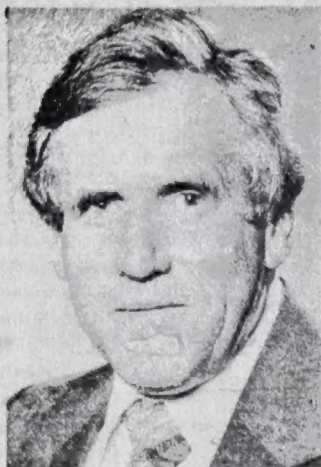
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Special task force to study problems facing rural municipalities



John Eakins - heads Liberal Task Force

An Ontario Liberal Task Force studying problems confronting rural municipalities opens hearings in Goderich, Wednesday, June 1, Chairman John Eakins (Liberal - Victoria Haliburton) has announced.

The task force was formed by Opposition Leader David Peterson to investigate ways Ontario's rural municipalities can address current socio-economic difficulties.

The rural municipality faces unique problems," said Mr. Eakins, one-time Mayor of Lindsay. "Changing demographics, mounting unemployment, a fragile agricultural and industrial base each contribute to the pressures. It is our hope we can uncover ways in which the Ontario government can help our rural communities survive

the current recession and flourish in any anticipated recovery."

The task force will consult with a number of municipal organizations, including the Association of Municipalities of Ontario, the Rural section of AMO, and Ontario Small Urban Municipalities. It will hold a series of public meetings across the province.

The Goderich meeting will be held in the Council Chambers, beginning at 10 a.m., June 1. Task Force members include Mr. Eakins, Municipal Affairs and Housing Critic Herb Epp (Liberal - Waterloo North), Agriculture Critic Jack Riddell (Liberal - Huron/Middlesex), Gordon Miller (Liberal - Haldimand/Norfolk), Robert McKessock (Liberal - Gray) and Earl McEwen (Liberal - Frontenac Addington).

The Opposition Leader announced the Task Force at a recent meeting of ROMA. Mr. Peterson said it would seek solutions to the problems of sustaining the towns and townships as viable economic units by shoring up their revenue base and maintaining work forces.

He has questioned the wisdom of government spending \$60 million to create a townsite such as Townsend, "while the infrastructures of neighbouring communities like Jarvis,

Delhi and Simcoe struggle to overcome a lack of resources."

Mr. Eakins, Mayor of Lindsay for six years prior to his election to the Ontario Legislature in 1975 and a former President of the town and village section of the Municipal Association, said the task force search for ways to redevelop and renew the Province's smaller centres.

Questions to be addressed:

- How can we keep skilled labour in the small towns? How can we make apprenticeship and manpower training programs more suitable to the smaller industrial facility?

- How can we improve the revenue picture for small municipalities? How can we reverse the erosion of municipal government autonomy?

- We need improved transportation between rural communities. How can we develop more effective and viable links between smaller centres?

- We need a workable policy on the locating of industrial facilities. How can smaller municipalities be assisted to more effectively compete for jobs and investment?

- Rural municipalities need a stronger voice in government. How can we strengthen their political clout?

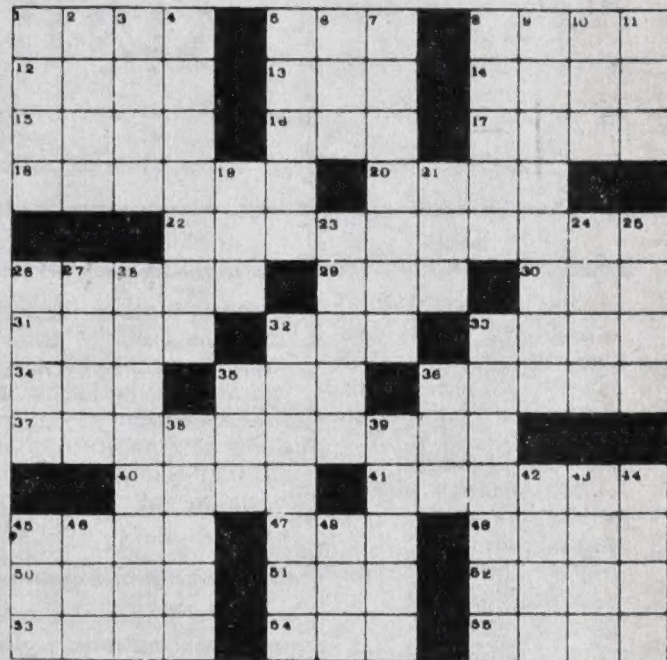


Canadian Crossword

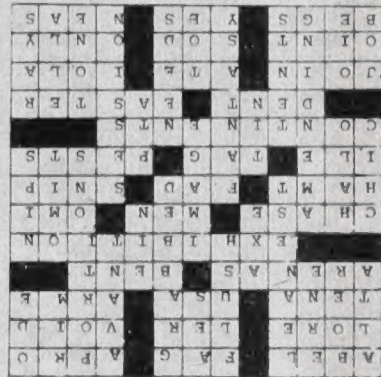
BY MARIAN MORRISON

- Across
- Adam's son
 - Exhaust
 - pos: suitable
 - Tradition
 - Children of swans
 - Nothing
 - Fern. nickname
 - Canada's neighbour
 - Weapon: Fr.
 - Ovals
 - Curved
 - Cdn. National
 - Pursue
 - Chess pieces
 - Sacred mountain
 - Havre Aubert Mountain abbr.
 - Whim
 - Shred
 -d'Orleans
 - Label
 - Annoyances
 - N. America, S. America
 - Depression
 -egg
 - Unite
 - Dined
 - Kansas town
 - Short for ointment
 - Turf
 - Sole
 - Appeals
 - Assent
 - Nat. Ed. Assoc. abbr.

- Down
- Alberta abbr.
 -war
 - Eagle
 - Poorest
 - Fever
 - Bronze money
 - Clutched
 -garde
 - Parts
 - Pacific
 - Canticle
 - Hatchet
 - One: ger.
 - Reproduction
 - Elide
 - Bites
 - Smart
 - Circle
 -formula
 - Mental conception



- Assembly
- Element
- School abbreviation
- Marquees
- Requirements
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-Fitzgerald
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- Vowel trio
-hold: footing



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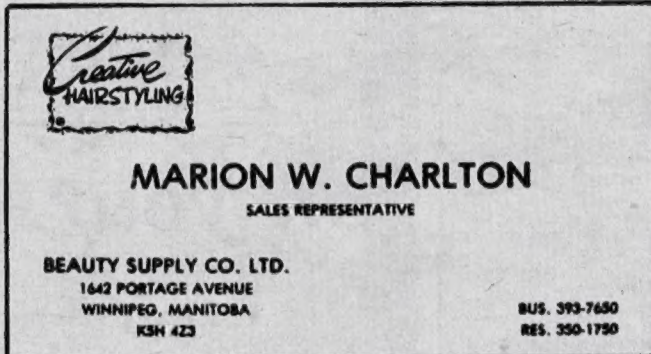
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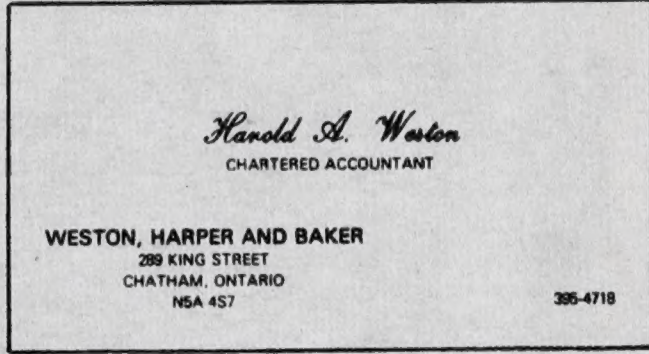
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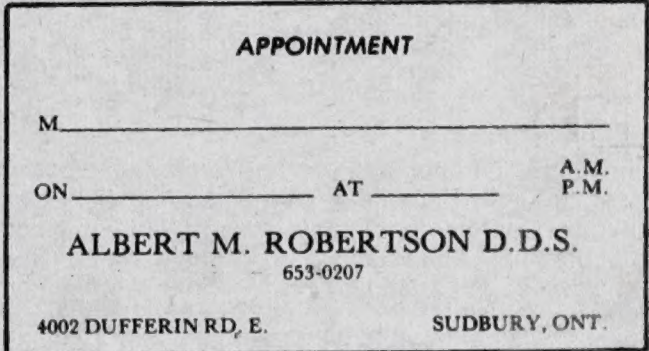
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